



CHECKLIST:

Reiki Energy

Reiki Therapy

RESOURCES

There are a number of ways you can use Reiki to boost your energy. We've included a few of them below:

RECEIVE REIKI:

If you are a Reiki practitioner, you will be offering Reiki sessions on a regular basis. This outflow of Reiki can sometimes take its toll if you are not restoring your own internal energy sources. As a Reiki practitioner, it is also helpful to receive Reiki energy as well as give it.

You can give yourself Reiki through self-sessions and this is an integral part of self-care. It is also important to connect with other Reiki practitioners and receive Reiki as a social support mechanism.

RECEIVE TRAINING:

As a new practitioner, you will begin with Reiki Level 1 training. As you progress, you can receive additional training through Reiki Levels 2 and 3. You can then receive training at the Master Level 4.

Each level will increase your understanding of Reiki and how you can incorporate Reiki into your daily life.

BALANCE CHAKRAS:

Balancing the Chakras with Reiki will clear blockages and help encourage the flow of energy throughout the body in order to restore, maintain, and develop overall wellbeing.

PRACTICE REIKI:

The more you practice Reiki, the more you will become open to the possibilities of Reiki. This does not mean you should mindlessly engage in Reiki, however, you should always approach a Reiki session with positive intentions and a mindful approach to the flow of energy.

Practicing Reiki will also expose you to more situations and experiences where Reiki can benefit you or those around you. This will boost your mindset and receptiveness to including Reiki in your life.



CHO KU REI:

Use the power symbol before a session or in an environment to help boost energy in your surroundings. The Cho Ku Rei symbol helps connect with Reiki energy and channel the power of Reiki.

